

karinya

news

Karinya
House

“My children make life worthwhile”

– Cindy



When Cindy came to live at Karinya House a little over a year ago she wondered if her life would ever seem worthwhile again. Cindy, who was pregnant with her second child, says she felt “overwhelmed with sadness” following the recent death of her partner of eight years, Gary. She was living in transient accommodation and was also heavily in debt. Cindy says she recalls feeling “very depressed and completely alone...as though no one would ever be able to understand or help me. I was sure I wouldn’t be able to cope with everything that was happening and a new baby as well.”

As a resident at Karinya House and later Erin House, Cindy had access to regular counselling and began attending a support group to guide her through the grieving process. Karinya also assisted Cindy with budgeting. “I’m not in debt anymore...that’s a really good feeling”, she says.

But the achievement which Cindy says brought her the most joy was regaining the confidence to care independently for her two children, Jayco and Ephiny. “Karinya taught me so much and gave me lots of reassurance and encouragement when I needed it.” Karinya arranged for her to attend various parenting courses, including a first-aid course specifically for parents of young children. In time she gradually developed a greater self-belief in her parenting skills. She says Jayco and Ephiny continue to give her life purpose and meaning. “My children make life worthwhile. They keep me going and make me happy. I love spending time reading and singing to them or just watching them playing. When they’re older I’m going to teach them to play the piano.”

Cindy was recently allocated an ACT Housing property. “I saved up and bought new curtains and furniture and now it’s starting to feel like a home” says Cindy, who is looking forward to joining a Playgroup and meeting other women with young children in her local area.

Cindy feels it is important for her to stay positive by setting herself goals for the future. She is saving for a car and would one day like to use her considerable knowledge of computers to rejoin the workforce. “But my most important goal is to try and give Jayco and Ephiny everything they need in life.” We believe she already has.

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Insert: Project 1000 Donation Form

From our Committee

Dear friends and supporters,

There are several items of news from the Committee this newsletter, the first being that I am the new President and would like to introduce myself. My name is Catherine Cooney, I live in Weston Creek and have five children ranging in age from 16 to 4 years. I have been on the Karinya House Management Committee for the past six years. In the early days I was active in fundraising and some of you may remember me from the Car Raffle days. My commitment to Karinya House comes from my personal experience of receiving assistance from a Pregnancy Support Service at a crucial time. I know first hand how important it is for women to be able to access life affirming services.

I follow in large footsteps by replacing my valued friend Melinda Tankard Reist. On behalf of the Committee, I would like to take this opportunity to pay tribute to her and acknowledge formally her massive contribution to the Karinya House project. She led the organisation from a “one phone, one desk” operation to the professional welfare organisation, with two residences and up to 50 outreach clients, that Karinya is today. Melinda has accepted a position as head of a new national women’s organisation and resigned with sadness but with a view that it would not be in the best interests of either organisation for her to be heading up both. In her letter of resignation she wrote...

“Thank you to all of you for your commitment to Karinya House and for all the time and effort you have all put in over the years. It has been a privilege to work with such dedicated people. Please know I will continue to promote and advocate for Karinya at every opportunity.”

Other significant news is that Karinya House was recently selected by the Chief Minister’s Department in the ACT to receive a significant sum of money. The funding was received from the Community Inclusion Fund. The submission we put in was for \$84,927 per annum over three years for the purpose of the employing a full-time Caseworker to be based at Erin House and additional hours for a Midwife to enable our current Midwife to work full-time. It was very timely as the filling of both these positions was becoming critical. The Chief Minister’s Department advised us that it was one of the best from over 100 submissions they had received so we would like to congratulate Marie-Louise, Rhod McDonald and Jo Sacassan who put in a substantial effort and pulled it together in record time.

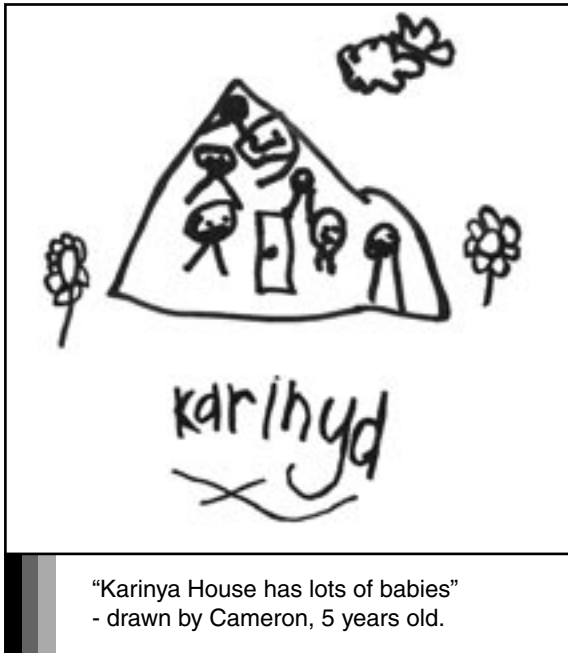
The money that we receive from the Government is important to the provision of services and the running of the House but equally important is the money that we receive from our fundraising activities, personal donations and memberships. This private income source is essential. It enables us to continually demonstrate that we have a strong and dedicated support base in the community. We would like to sincerely thank all of you who gave generously to the Christmas Appeal and into the new year. The donations of money and goods really does make a difference both to the financial statements and to our clients’ quality of life.

Finally, but also on a fundraising note, start thinking about the Karinya House Ball. This was a great function last year and I look forward to meeting you there!

Kind regards

Catherine

From time to time we ask our clients to describe the difference Karinya has made in their lives. In future issues of Karinya News we will be sharing their responses with you, as it is your support which allows us to provide this vital care to disadvantaged pregnant and postnatal women in our community. Also included are some of the beautiful drawings we receive from our clients' children which adorn our walls and touch our hearts.



"Karinya House has lots of babies"
- drawn by Cameron, 5 years old.



"She's the centre of my universe",
says proud mum, Madison, of her
baby Alexandria, 9 weeks.

What's new at Karinya?

Funding update



A recent grant received from the ACT Department of Disability, Housing and Community Services in July 2004 has allowed us to replace some very outdated equipment to the benefit of our residents and staff. The residents at Karinya now have a new telephone and refrigerator and the staff are very pleased to have the use of two new photocopiers from Konica Minolta (see page 6).



In January 2005 we also received funding which will allow us to increase our casework and midwifery staffing levels by 1.5 positions. This will ensure our capacity to continue providing residential and outreach assistance continues to expand in line with demand for our services. This project is proudly assisted by the Australian Capital Territory Government as part of the Community Inclusion Fund.

www.karinyahouse.asn.au



Thanks to the generosity and support of F1 Solutions our website has a completely new look, is extremely user friendly and contains plenty of up to the minute information about Karinya's services. F1 Solutions are IT solutions specialists and are involved in developing customised solutions in Microsoft technologies, setting up and maintaining networks and providing business analysis consultancy. They have kindly donated their considerable expertise in rebuilding our website and have also agreed to continue to host the Karinya House site. Special thanks to Zarhost Boman at F1 for providing ongoing technical assistance and advice.

Find out what's new at Karinya via email

If you would like to be kept informed about current Karinya events and news by email, please let us know by sending your email address to karinyahouse@bigpond.com.au

Karinya House Ball 2004



The fifth annual Karinya House Ball was held on 20 November 2004 at the Yamba Sports Club in Phillip and, as in previous years, Young For Life and a team of dedicated and hardworking volunteers hosted this fabulous event which was attended by more than 220 supporters and their guests and raised in excess of \$7,000 for Karinya House.



Thank you to everyone involved in this celebration and endorsement of Karinya's work, and in particular Lara Kirk and Rhod McDonald for their efforts in ensuring the evening ran smoothly and was enjoyed by all.

We are also grateful to the following sponsors and donors who gave so generously. Please support them with your patronage.

Canberra Southern Cross Club, Woden
Clonakilla Winery, Murrumbateman
Teatro Vivaldi Restaurant, ANU
Vienna Restaurant, Kambah
Posh Pots Garden Detail, Mitchell
Anise Restaurant, Canberra City
Angelic Realm Beauty Salon, Belconnen
Rotary Club of Canberra Fyshwick
The Chairman and Yip Restaurant,
Canberra City

Acumen Alliance, Canberra City
Questacon, Parkes
Greengold Garden Centre, Yarralumla
Erindale Vikings Club, Wanniasa
Pricewaterhouse Coopers, Barton
Superkarts Go Karts, Hume
Water's Edge Restaurant, Parkes
Tower Software, Braddon
Mezzalira on London Restaurant,
Canberra City



Many thanks also to Lucy Jukic and Karin MacDonald MLA for their kind donations of beautifully hand-crafted items.

Tickets for this year's Ball are on sale now and further details are on page 8 of this newsletter.

Carols Beneath The Stars



This wonderful celebration of Christmas, which is hosted by Canberra Christian Life Centre (CCLC) at Charnwood, was held on Sunday 12 December 2004. Carols Beneath The Stars continues to grow in popularity every year and has become a much anticipated community event for over 2,000 Canberra residents each Christmas.

As in previous years all proceeds were generously donated to Karinya House. Pastor Sean Stanton, Senior Pastor at CCLC, confirmed that they are proud of their association and involvement with Karinya House. "It's a privilege for us to support Karinya House", he said. We continue to gratefully acknowledge the significant financial contributions we receive from CCLC each month as part of their missions program. This form of ongoing support allows us to bring about positive and lasting change in the lives of our clients and their children.

Christmas at Karinya



Each year at Christmas we are overwhelmed by the kindness shown towards our clients by the Canberra and Queanbeyan communities and last Christmas was certainly no exception.

Our heartfelt thanks to the many individuals, community groups and parishes who donated gifts and food hampers or who supported us financially by contributing to our first Christmas Appeal. Sadly Christmas is a financially and emotionally challenging time for many of our clients. Your inspiring generosity brought joy and hope to these women and their children during the Christmas season and into the New Year.

Thank you in particular to the following:

St Gregory's Parish, Queanbeyan
St Anthony of Padua Parish, Waramanga
St Vincent de Paul Society
Paddywack Promotional Products
Calvary Health Care ACT
QEII Family Centre
Christ Anglican Church, Queanbeyan

Meet our Staff

Cate Rolls

Cate is a mother of four young children and says she first heard about Karinya House through her friends, Sarah and Jackie, who are both members of our staff. "They both seemed to really love their jobs and the work sounded challenging but also very rewarding."

Cate was employed by Karinya as a Residential Support Worker in September 2004 and says the variety in her work is what she finds most enjoyable. "No two shifts are ever the same – one day you might be delivering a food parcel to a client in financial hardship – the next you might be delivering a gift to a client who has just had her baby. You never know quite what to expect, but at the end of the day you usually feel that you've helped someone."

She says spending time with our clients and hearing their stories has given her an added perspective. "I used to believe that everyone has access to the same opportunities in life, but now I know that this just isn't the case. Karinya not only provides food, clothing and a place to live, but just as importantly they ensure these women have access to the same opportunities as everyone else."



"...at the end of the day you usually feel that you've helped someone." - Cate

Karinya House has been a great blessing to myself and my children, Jesse who is four, Jennifer who is three and Elizabeth who is one month. We are always made to feel welcome, either for just a visit or to go and get clothes for them or just to talk and check on about health problems.

We have been going to Healthy mums which is run on Fridays and we are able to go and have a nice time to relax, socialize and eat great food. Elizabeth really enjoys playing with the other children and I have met some new friends. There are also informative discussions which have been quite helpful in information on various issues from child safety to diet, how to shop wisely etc.

I feel that without the support of Karinya, we might've done so well, because of the depression I have sometimes. We also have no close family so we regard Karinya as part of our family which is God's representative here. I feel that God's love is shown fully through the work of Karinya House and we feel so blessed to have received their help, love & support.

Thank you.
Robyn, Jesse, Jennifer & Elizabeth



Robyn and Elizabeth



Robyn with Jesse, Jennifer and Elizabeth

Karinya's clients are Road Ready



In August 2004, Karinya House was chosen by Acumen Alliance as the recipient of a \$500 grant which would enable individual clients to attend a Road Ready course and eventually obtain their learner's permit. Karinya was successfully nominated for the grant by long-standing supporter and Acumen Alliance employee, Bede Webster. Since then six of our clients have participated in the Road Ready program and all have passed. Anita, who is a current outreach client,

says that obtaining her learner's permit has given her a real sense of achievement. "I felt really proud of myself when I passed. I'd always wanted my L's but could never afford it. Now I'm looking forward to getting my Ps' and one day maybe having my own car so Katrina and I won't always have to catch the bus."

Fashionable fundraising



Ideals Collection is one of Australia's leading direct selling fashion houses and is an Australian owned company. In February 2005 Ideals Collection hosted their annual Autumn/Winter Fashion Parade and selected Karinya as their nominated charity. The event, which was attended by more than 500 guests,

was held at the Hellenic Club and proceeds from the gold coin entry fee were donated directly to Karinya House. Ideals Collection Area Manager, Cheryl Phokos, says "We chose Karinya because our customer base is comprised solely of women and we really wanted to lend our support to an organisation which helps women in our community who are less fortunate".

A very special thank you to...

Konica Minolta



KONICA MINOLTA

In our funding update on page 2 we mentioned that we had recently purchased two new photocopiers from Konica Minolta. The photocopiers were acquired at a significantly discounted rate thanks to the generosity of Nanette Bak and Jarred Lawrence at Konica Minolta, Fyshwick. We would particularly like to thank Jarred for the exceptional service and helpful advice he has provided and for the following kind words of support: "Karinya House is an establishment that offers wonderful and desperately needed services to support mothers and babies within our community. With Karinya House being a community-based, non-profit organisation and most of the staff being volunteers, Konica Minolta are proud to be able to support Karinya House by donating two of our digital photocopiers. We have had great pleasure in dealing with Jo, Jackie and the team from Karinya." Our thanks also to Kasey Beveridge for the excellent training she provided following delivery of the photocopiers .



Kasey Beveridge from Konica Minolta and staff members Lucia, Cathryn and Luisa

Nathan Ahearne



For a number of years Nathan has kindly volunteered to Karinya his services as a talented graphic designer. We have been extremely fortunate to have had the benefit of Nathan's expertise in designing various fundraising and promotional flyers, the new look website and several previous issues of Karinya News.

Our sincere thanks for the considerable time and energy he has devoted to his volunteer work for Karinya and our very best wishes for continued success in his career and for the growth of his business, Ulysses Graphic Design.

Hi, my name is Emma Nixon, I'm 27 & have 2 boys - Harry-2 & Joshua who's 3 weeks.
I first got into contact with Karinya when I was pregnant with Harry. I had a very difficult pregnancy & Karinya helped me enormously at that time.
So when I started having trouble with my 2nd pregnancy I got in touch with Luisa again.
They were able to help with our financial hardship by providing groceries & clothing, liaising with organisations on our behalf & providing invaluable emotional support & information.
We have appreciated greatly, how Karinya has been able to help us at such an important time in our lives.



"We have appreciated greatly how Karinya has been able to help us..." - Emma

How you can help Karinya House

Please contact Karinya House on 6259 8998 if you would like more information on any of the following ways you can help

Project 1000

When Project 1000 was established in 2002, our aim was to build a supporter base of 1000 individuals or organisations who would be willing to contribute \$200 annually to Karinya House. We currently have almost 600 wonderful Project 1000 partners, but if we are to expand our service to reach a greater number of women in the Canberra region this figure will need to continue to grow. We have included a Project 1000 Donation Form in this issue of Karinya News and gives you the option of donating in regular smaller amounts monthly or quarterly. Please consider supporting us by donating whatever amount you are able. All donations over \$2 are tax deductible.

Community awareness

Do you belong to a community or social group, service club, parish or corporate organisation who would be interested in hearing more about Karinya House? We are currently seeking opportunities to foster an increased awareness of our work throughout the broader community by way of speaking engagements and presentations. Requests from groups of any size are most welcome.

Volunteers needed

We are currently seeking interested persons who would be willing to join our enthusiastic team of volunteers to assist with the following activities:
Childcare - Karinya's Healthy Mums' Group meets each Friday and we are keen to hear from anyone who would be available for a few hours to help with child-minding at the group. This will enable our clients to participate in the activities provided and listen to guest speakers without interruption while their babies are being cared for by our team of staff and volunteers.
Karinya News - Can your community or social group spare a few hours to assist us with folding and labelling our next issue of Karinya News? We will provide you with everything you need (including lots of notice) and you would be welcome to help us with just one issue or on a regular basis.

Donations

The generosity of our many donors has lead to our storage facilities being completely full and we are now in the enviable position of being able to donate items to other charities who are supporting those less fortunate. So for the time being we are unable to accept any further donations of furniture or clothing apart from the following items for which we have clients waiting in desperate need:

Bassinettes
Bassinette stands
Bassinette mattresses
Highchairs
Bouncinettes
Towels (especially sizes which are suitable for babies)

Please ensure donated items are clean, safe and in good condition

Fundraising events

Karinya House Ball 2005 - The 6th annual Karinya House Ball will be held on Saturday 17 September 2005 commencing at 7:00pm at the Yamba Sport Club in Irving Street, Phillip. Tickets are \$45.00 and bookings can be made by phoning Lara Kirk on 6227 5752. Please come along and support this major event on our fundraising calendar.

Music At Midday Concert - This event will be held in October at the Canberra Theatre and proceeds from the gold coin entry fee will be donated to Karinya House. The date of the concert is yet to be finalised, but all the relevant details will be included in the next issue of Karinya News.

To The Karima Family,
Dear All of you Girls (Luisa, Lucia, Anne, Debbie, Marie Louise, Catherine and Ellen.)
With all my loving heart I send thank you to all of your support and love, you gave me and my six children. Without your support my family couldn't survive most of the time. We struggle of finance, foods, clothes and lots, but you reached up in your loving heart, and made my family survive. So thanks a lot very, very, very much. Lets our Heavenly Father blessed you all, especially your Karima family, and let that candle shining more to see others they need a lot light to live. Keep up your great jobs. With lots and lots of love
From, Jusi, Amani, Mafuli, Ati, David, Tina + Julia.



“Our family” - drawn by Pula’s 7 year old daughter, Mafuli.

Karinya House is grateful to acknowledge the generous support of our corporate, community and government partners



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